



IN THE NEWS

USARSO Spouses Calendar
for November, see page 6.

Volume 1, Issue Number 5

Published by USARSO

December 2004

New Fitness Center facilitates USARSO employee's

By Kevin W. Sieling

USARSO Public Affairs Office

According to the National Center for Health Statistics, 30 percent of adults 20 years of age and over, over 60 million people, are dangerously overweight. Meanwhile, the percent of children who are overweight continues to increase. Among children and teens ages 6-19, 16 percent (over 9 million) are overweight according to the 1999-2002 data, or triple what the proportion was in 1980. And how do the majority of Americans combat this. Dieting. High Carb, Low Carb, no Carb, there's even one named after a city in Florida. Sure these diets can show results, but the likelihood of the weight coming back is far greater without a regular exercise program. The US Army South held the grand opening for the new Fitness Center Nov. 5 on the Lower Level of their new home, Old BAMC, building 1000. The fitness center will enable USARSO and IMA employees the opportunity to fulfill the necessary cardiovascular workout needed by to maintain a healthy lifestyle. "Each individual's physical fitness is a key component to living a healthy life," said Col. Thomas Heaney, USARSO Deputy Chief of Staff for Operations. "The new Fitness Center provides all USARSO personnel a convenient, state-of-the-art facility for everyone's benefit." In conjunction with the Brooke Army Medical Health Promotions Branch, USARSO also held a Health Fair, a medical



US Army South's new fitness center opens for business. COL Thomas Heaney cut's the ribbon opening the new fitness center to USARSO employees.

assessment of all of its soldiers and civilians. Tobacco cessation, cholesterol screening, breast health education and stress management where a few of the areas USARSO employees where evaluated on as well as a Fitness Trainer orientation. "USARSO's mission keeps us on the go and this facility will help us stay in shape to meet the readiness demands of our job," said Heaney. "It's Maj. Gen. Jack Gardner's desire to provide the place and opportunity for each person to gain and maintain the highest level of fitness. In sum, our personnel's fitness is key to our readiness and the commanding general is providing the means to keep the workforce in shape." Heaney also

broke down the type of fitness equipment available in the new Fitness Center.

"The majority of the equipment is aerobic machines. There are seven (7) pieces of equipment in the fitness center: 3 treadmills, 2 elliptical trainers, 1 upright cycle, and 1 recumbent cycle. Each of the machines will be equipped with their own CD / VCR screen (for the operators CDs and VCRs) and we'll have them hooked up to cable for news, sports and weather. There are two types of anaerobic (strength) equipment: 1 multiple station weight trainer and 1 dumbbell set. Between these two types of machines and equipment, everyone should get the workout

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they desire," he said. Erica Miller-Walker, a certified personnel trainer from

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2Cooper Institute and CPR certified with the American Red Cross, is available from 6 a.m. to 2 p.m. to assist with all physical fitness needs. "I can help individuals with implementing a personalized physical fitness plan," said Miller-Walker. "Best of all, our services are at no cost to the employee." Miller-Walker is also a great resource of information pertaining to weight-loss products and supplements. Aside from her educational background, she studies the companies and sifts through the sneaky advertising. Like a seasoned detective, she actually calls the manufacturers to find out what's not fit to print on the label or advertised, which can save time and money. With a wealth of information available at no cost and over \$50,000 worth of new equipment, employees in the Old BAMC building have very little excuses not to improve their fitness level and overall health.

United States Army South COMMAND CENTER, (UCC)

USARSO COMMMAND CENTER, (UCC) watch is the Commanders primary command and control facility, a 24/7 operation. The individuals that man the watch are as unique as they are dedicated. No matter what the circumstance; natural disaster, threats of any nature and even if the building is on fire; they never abandon their post. That stated, they are not known in the USARSO family (how important our mission is to the Command).

From the Watch; We love the UCC and have so much pride in our job that we complete our tasks in a very professional matter that we all go out of the way to get whatever is thrown at us and have it accomplished.

It is truly self gratifying but sometimes we will walk in and we will meet someone in the elevator and the person will not know who we are, unless they call the UCC for some assistance or help(they'll hear our voices).

We are in at 6 a.m. and leave at 6 p.m. or come in at 6 p.m. and leave at 6 a.m., every two weeks we switch. We work holidays, nights, and twice a month on weekends, limiting quality family time. While we work, everyone else sleeps.

We are part of the USARSO family but unable to attend any type of gathering since our mission is always first. We would like the opportunity through the USARSO Newsletter for the Community to meet the UCC's faces with the voice on the phone. **(SUBMITTED BY COL Casias)**

New's from the Chaplains Office

Did you ever wonder why your parents just kept some things? I mean, wouldn't it just be easier to throw it away if it doesn't work anymore or is broken or torn? Why did our parents fix, repair and restore things that today we just replace? I ran across a story that answers that question for me and possibly do the same for you. Remember the simpler times. **SOME THINGS WE KEEP...** I grew up in the forties and fifties with practical parents - a Mother who washed aluminum foil after she cooked in it, then reused it. A Father who was happier getting old shoes fixed than buying new

ones. Their marriage was good, their dreams focused. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower in one hand, and dishtowel in the other. It was the time for fixing things - a curtain rod, the kitchen radio, screen door, the oven door, and the hem in a dress. Things we keep. It was a way of life, and sometimes it made me crazy. All that re-fixing, reheating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant there'd always be more. But then my Mother died, and on that clear summer's night, in the warmth

of the hospital room, I was struck with the pain of learning that sometimes there isn't any 'more'. Sometimes, what we care about most gets all used up and goes away.....never to return. So, while we have it, it's best we love it and care for it.....and fix it when it's broken.....and heal it when it's sick. This is true for old cars.....and children with bad report cards.....and dogs with bad hips.....and aging parents.....and grandparents...and marriage. We keep them because they are worth it, because we are worth it. Some things we keep. - anonymous
SUBMITTED BY Chaplain Mickey Jett

Conference of American Armies (CAA) pushes forward with its focus on Peacekeeping Operations.

The first session of the CAA Doctrine Committee took place from September 7 to 9 in Brasilia, Brazil. The determination and ability to react was demonstrated so

well by the Brazilian and United States armies, as joint hosts, culminating in a successful conclusion to this Ad Hoc Committee.

Representatives of the Armies of Argentina, Brazil, Canada, Chile, United States, and Uruguay, and also the United Nations and the Permanent Executive Secretariat of the CAA attended these meetings.

Intense debates took place, with a high level of professionalism and cooperation in maturing the practical initiatives developed during the CAA Doctrine Conference that occurred in San Antonio, Texas from June 21 to 25.

On October 4 to 8, the Sixth Logistics Specialized Conference of the Americas (VILCAA) took place in Brasilia, putting into practice the new methodology of work adopted for the Specialized Conferences of the XXVI cycle. Benefiting from the participation of the American Armies and specialists in logistics, intense working groups developed and conducted sustained debates enriched by logistical experiences presented by Armies who possess deployed forces in peace missions.

The principle recommendations of the plenary were to better the interoperability between the involved Armies, in logistical aspects of the planning and execution of Peacekeeping Operations.

Recommendations and conclusions were determined to for presentation to CAA Army Commanders, as well as other tasks that require further study before being presented by the Brazilian Army to the Commanders during the Commanders Conference in November 2005.

Future Events of the CAA XXVI Cycle

7-11 March 2005 Disaster Relief Operations Conference (aspects of Logistics, Communications and Training and Education) (Hosted by the Dominican Republic Army at Dominica, Dominican Republic)

25-29 April 2005 Communications Conference in relation to Peace Keeping

Operations (Hosted by the U.S. Army at Augusta, Georgia)

4-6 April 2005 2nd Session of the Ad Hoc Committee on Doctrine in relation to Peacekeeping Operations (U.S. Army at Miami, Florida). **13-17 June 2005** Education and Training Conference as related to Peacekeeping Operations (Hosted by the Chilean Army at Santiago, Chile).

5-9 September 2005 Preparatory Conference of the CAA (Hosted by the Argentine Army at Buenos Aires, Argentina).

7-11 November 2005 Commanders Conference of American Armies (CCAA) (Hosted by the Argentine Army at Buenos Aires, Argentina)



(Left) Staff Sgt. Jacolbi L. Thomas, Plans and Operations NCO for the G-4, reenlisted on Nov. 24. His reenlistment officer is Maj. David G. Sanchez

“The world is a book, and those who do not travel read only one page”. Saint Augustine.

“Tis the season to travel with family, and that includes children. Therefore in this issue I shall share some Travel Medicine tips on traveling with kids (second childhoods do not count). Traveling with children, whether in the station wagon to Grandma, or to Belize to explore Tikal, involves some patience and a sense of humor, but obviously Belize will require a little more preparation. Kids have different agendas than their parents. Get over it. Prepare for it. Schedule some “timeouts” for kids (who can get tired of their parents, too) and the parents (who may need a little grown up time). One good way to prepare is to involve your children in the planning of the trip. Helping them to learn about where you are going and what to look forward to will help them to “sign on” to the adventure. Checking out in advance what supplies such as diapers, car seats, or baby foods you can get there, will reduce the “life support system” you have to lug around. Take along some of their favorite books, toys, stuffed critters, blanket, or whatever they need to find comfort when tired and cranky. Plan in advance something specifically for the kids. This with rare exceptions does not mean museums or cathedrals. Plan some down time. Hanging out at the beach and playing in the waves, (especially if you hail from Kansas) is a valid educational experience. Kids get tired and hungry more quickly than grown ups. Schedule for potty and ice cream breaks. Let them take some of their own pictures, write postcards to relatives or friends, or keep a diary. Make sure all the official papers are in order. Passports or birth certificates. If you are traveling without the other parent, a signed document by the non-traveling parent may be required. Make sure your insurance policies cover your children and are current, or that you buy travel

insurance that is valid where you are going. It was commonly thought that children under two weeks should not fly due to the immaturity of their lungs. This is no longer held to be true. So, climb out of the stirrups, strap your child to your chest, and board an airplane if you want to. Please don’t sit next to me. Kids have more difficulty equalizing the pressure within the middle ear than adults. Chewing gum, a drink, or breast feeding at this time will usually help. Trying to sedate your young’un may backfire, as Benadryl or other anti-histamines can just as likely make them hyper. If it does work, then you have a fully recharged child just when you need to collapse into bed. A familiar blanket of stuffed animal is often equally therapeutic, without all those other side effects. Motion sickness is more often in kids between 2 to 12. Medications like Dramamine are best given before the trip if your child has such tendencies. Try to select seats over the wings of a plane, front seat of a car, or center of a boat. Bring a plastic bag anyway. Check vaccination requirements for children. Some are not recommended for children under six years of age. That is something you should research at least two weeks prior to departure because some take that long to become effective. Measles is a major killer of children in third world countries. Usually children in the US are not vaccinated prior to one year of age. You should vaccinate your child if traveling to an undeveloped region of the world, no matter what age. The vaccination will need to be repeated at one year, as the vaccination may not fully “take” at an earlier age. In general, if Mom and dad need the vaccine, so does little Jimmie. Rabies may be the exception as little Jimmie may be more apt to pet a strange dog. You know your kids, and should make the appropriate decision based upon the child and your trip plans. Some of the sickest travelers are those who came from another

country, have lived in the States for several years, and now want to go visit Grandma in the Phillipines. You are apt to return to your old diet and habits while there, but neither you nor your kids are prepared for the environment. Take precautions as though you had never been there before. Malaria pills: Again, if Mom and dad need it, so do the kids. There are several well tolerated and effective for kids. One exception is Doxycycline, the most commonly used drug by US Forces. It can stain developing teeth for kids less than 8 years of age. Just make sure the Doc knows the age of who is taking the drug. Deet insect repellent of 10% or less for small kids should be used; parents should apply it, and avoid cuts, eyes, and the mouth. Traveler’s Diarrhea can be life threatening in small children. Pedialyte or Gastro-lyte are pretty well available world-wide, and are excellent rehydration fluids. Might not hurt to take some along, anyway. Breast feeding should continue. Signs of dehydration you should look for that would prompt you to seek medical care are: Dry mouth or tongue. Sunken eyes. Difficulty arousing or confusion. Warm dry skin. Reduced urine output. “Tenting” of skin, (pulling the skin up, and it slowly returns to normal shape). These signs indicate the need for serious rehydration, perhaps by IV. Continue pushing oral fluids while seeking medical care. Altitude sickness: Be watchful for signs of breathing difficulty and confusion, early indicators of altitude sickness. This may become apparent as low as ten thousand feet, but more often at twelve thousand and above. Descend and seek care immediately. Having said all this, I still encourage you to show the world to your kids as much as possible. My kids say their fondest memories of living in Germany were our family trips. Those are my legacy to them, and are safe from the ups and downs of the stock market. Yours in health, Bradley Harper M.D. Traveler Extraordinaire.

The USARSO Sharks Softball team coached by Sgt. 1st Class Gonzalez finished the fall season with a record of 7-1, securing the second place runner up, after a hard, tough play-offs coming in second place winning the runner up Trophy on Fort Sam Houston Post for the 2004 Fall League.



Latin America Army Family Team Building (LATAM-AFTB) Familiarization Seminars

On 15-19 November 2004, Ms. Carmen T. Pagan, Fort Sam Houston AFTB Volunteer; Ms. Kelly Wood, USARSO representative; and Ms. Zully Carofilis, LATAM-AFTB Manager traveled to Tegucigalpa, Honduras to familiarize a total of 64 Army, Air Force and Navy spouses, family members and military personnel on the US model of AFTB. The group presented 17 AFTB modules such as building self esteem, managing conflict, introduction to leadership skills and effective communication. The US model of AFTB consists of 43 modules of instruction

organized in three separate levels. The AFTB concept is based on self-sufficient families and volunteers who help each other.

This seminar equipped the Honduran Army with the necessary tools for them to form work groups that will tailor the AFTB program to fit their local needs, integrate family units to their Army and promote family and soldier efficiency and confidence. In addition, the AFTB program contributes to soldier and family readiness.

The LATAM-AFTB familiarization seminar will also take place in the

near future in Bolivia, Ecuador and Colombia. Colombia already has 8 AFTB certified instructors and over 100 family members have been familiarized with the AFTB concept.

In the next few months, the USARSO AFTB team will work closely with Department of the Army, Community Family Support Center, to certify additional spouses in Latin America as AFTB instructors so that they may share the AFTB material with other family members and certify new volunteers in each country.

Government Purchase Card Frequently Asked Questions (FAQ)

Q When I attempted to access my account I received an error message stating "the account is inactive."

What should I do?

A This error message is not unusual and happens as a result of two factors (1) account inactivity for more than 60 days or (2) three unsuccessful login attempts. Card holder or billing official should call US Bank customer service at 1-888-994-6722. When the recording instructs you to enter the account number, simply hit the star (*) key on your touchtone phone. A customer service representative will come on line. Request your account be unlocked. You will be required to provide your USER ID and verification code. Your account will be unlocked and you will be provided a generic password to change to a secure one.

Q As a billing official how often should I review my account? We did not make GPC purchases last month so why should I logon and check my account?

A Billing Official accounts should be reviewed at least once per cycle regardless of activity/inactivity. US Bank provides a monthly rebate based on timely certification of your invoice. This rebate posts the next billing cycle and must also be certified. **Q** Why can't we use E-Bay or Pay Pal? **A** Merchants such as E-Bay and Pay Pal are considered to be "third parties" and the Government does not do business thru intermediaries. Prior to placing an order, the cardholder should confirm that the merchant accepts credit cards. **Q** I've received orders for a permanent change of station, when should I stop using my GPC card? **A** When possible, card use should cease at least 30 days prior to departure. This allows for all charges to hit the cardholder's statement and be approved by CH prior to departure.

Q. Taxes were added to my order.

How do I recoup this?

A The US Government is tax exempt. Cardholder should contact the merchant and request they take the tax off the transaction and "credit" the amount back to the cardholder's

statement. If you have a question, contact the Agency Program Coordinator, Angela F. Holloway at: Angela.Holloway@samhouston.army.mil.

(SUBMITTED BY: Angela Holloway)

USARSO SPOUSES' CALENDAR OF EVENTS

USARSO SPOUSES' CALENDAR OF EVENTS December 2004

6 December FSH Holiday Tree Lighting Ceremony

Where: FSH Post Flagpole

Time: 6:00pm (Retreat at 5:00pm)

11 December USARSO CG Holiday Open House

Where: Home of MG Jack Gardner

Quarters #11 Ft. Sam Houston

Time: Beginning at 11:00am each section as a group will be given a designated time to arrive. Check with your section head for your section's time.

Dress: Casual (sports coat is optional but no jeans)

14 December OCSC Holiday Coffee

Where: Home of Karen Clark

Pershing House on Staff Post Road, Ft. Sam Houston

Time: 10 am

RSVP required. See December issue of **Postscripts** for contact information.

14 December USARSO Bake Goods Donation to Fisher House/SFAC

Need 5 volunteers to bake or purchase snacks for donation to the Fisher House/SFAC. Remember to label the items with the ingredients that may effect food allergies. Please let me know if you can contribute a baked or purchased item(s). POC: Betsy Meyer at 299-4073 or email eimeyer523@yahoo.com.

16 December FSH Holiday Concert Featuring The United States Army Medical Command Band

Where: Scottish Rite Cathedral (Ave E at 4th Street, San Antonio)

Time: 7:30pm

Cost: FREE

16 December USARSO's Designated Day for Helping Hands

We need volunteers to work at the gift-wrap booth: 3-6pm and 6-9pm. The morning shifts are filled. To volunteer, please contact SFC Eduardo Apodaca COMMAND CHAPLAIN'S Office (210)295-6241 or eduardo.apodaca@samhouston.army.mil. One collection box for toys will be placed in **each section** for two weeks starting 1 December. **Holiday Helping Hands**

Program is the Ft. Sam Houston holiday assistance program for our soldiers and DOD employees in "need". USARSO Command representative is Chaplain (COL) Fred Hoadley. The holiday programs that our soldiers and DOD employees are eligible for are Christmas food assistance (provided through a voucher system to the FSH Commissary or a local HEB) and Christmas toys. Employees can be eligible for one or both. More information can be found at the website:

www.holidayhelpinghands.org. PLEASE HELP SUPPORT THIS PROGRAM BY DONATING EITHER TIME TO WORK ONE SHIFT AND/OR A GIFT FOR A CHILD. Details TBA

Resources:

USARSO Newsletter at

www.usarso.army.mil Sandy Ramey would like to include photos and articles from USARSO events and USARSO families. Please send them to: sandra.ramey@samhouston.army.mil

English as a Second Language Classes

Where: Roadrunner Recreation Center, Bldg 2797, FSH

When: every Tuesday and

Thursday Time: 6:00pm-

8:30pm Reservations required. Call ACS 221-2418

Update on the Combined Federal Campaign (CFC).

USARSO CFC solicitation period took place from 20 September-5 November 2004. Because of the generosity and hard work of all project officers, USARSO surpassed their \$40K

Thank you for giving from your hearts. Your contributions will **"Make A Difference"** in our community.

SEMI-ANNUAL RECORD ARMY PHYSICAL FITNESS TESTING AND COMBATIVES TRAINING FOR US ARMY RESERVE SOLDIERS

The objective of the Army Physical Fitness Program is to enhance combat readiness and allow commanders a means of assessing the physical fitness of their units and whether or not their soldiers are physically trained and fit. Army Physical Fitness Testing (APFT) is not the foundation of unit or individual fitness programs, it is simply an element of a total program. Each soldier is expected to meet the

standards set forth in Army Regulation 350-41, Training in Units, and Field Manual 21-20, Physical Fitness Training. If a soldier is unable to meet physical fitness testing standards or the mission-related physical fitness standards required by their unit, a soldier may be subject to administrative action. In accordance with Chief Army Reserve policy letter dated 8 November 2004, all

United States Army Reserve troop program unit (TPU) soldiers **will take the record APFT at least twice each calendar year and conduct combative training.** The intent is not to set soldiers up for failure, but to improve their readiness for speedy mobilization and to enhance unit readiness. This will ensure that soldiers are prepared for diverse global missions.

USARSO FAMILY

THE FOLLOWING INFORMATION IS PROVIDED: USARSO AND 470TH MI

HOLIDAY BALL: 17 December 2004 COST:

\$38.00 per personSEQUENCE OF EVENTS

(subject to change):Receiving line/Cocktail

– 1800-1845Call to mess – 1845-1900Posting

of Colors – 1900-1905 Invocation – 1905-

1910Toast – 1910-1920 Dinner - 1920-2045

Introduction of Head Table – 2045-2055

Guest Speaker: MG John D. Gardner – 2055-

2110 Retirement of Colors – 2110 -2120

Dancing – 2120- 2400 Meal selection: Sirloin

Steak with Breast of Chicken in cognac

sauce with red oven roasted potatoes,

green beans almandine Or Linguini with

white wine sauce and vegetables ALL meals

include: salad, dinner rolls, dessert, house

wine, ice tea, and coffee. TICKETS ARE ON

SALE NOW IN THE VISITORS BUREAU

OFFICE. SELECTION OF MEAL WILL BE

DONE AT THE TIME TICKETS ARE

PURCHASE. CASH or CHECKS (checks can

be made to Ft. Sam Houston Club)

USARSO COMMUNITY NEWS PUBLICATION DATES

No Publication for January

Submit by date

Publication date

January 24, 2005

February 4, 2005



Please submit information you would like to have included in the USARSO Newsletter to sandra.ramey@samhouston.army.mil

GPC TIPS that ensure a WIN/WIN situation every time!

Acronyms associated with the Government Purchase Card Program

APC= Agency Program Coordinator

BO = Billing Official

CO= Certifying Official

CH = Cardholder

CARE = Customer Automated Reporting Environment

ACA = Army Contracting Agency

DFAS= Defense Finance Accounting System

WBT= Web Based Training

PR&C= Purchase Request and Commitment

DID YOU KNOW???

Before assuming GPC can be used as the method of payment, the cardholder must first confirm that the merchant accepts credit cards. Not all merchants are set-up to accept credit cards. This office had several instances recently where the merchant initially says he accepts credit cards, then we discover their financial institution has not finalized the process and they wanted to use a third party to complete the transaction. Draft withdrawals, cash advances, and use of a third party are strictly prohibited. Also, if a merchant provides a service and then we find out he doesn't accept credit cards we may have an unauthorized commitment.

Frustration usually sets in at this point because the merchant has already provided a supply or service to the Government and expects a timely payment. Remember, GPC may

be fast and easy to use but other contract methods are available. So, in the course of prior planning, simply asking the vendor if he accepts credit cards could change your method of procurement.

When cardholders depart their account is cancelled in CARE. However, the cardholder's name will remain under the billing official account for 6 months before it falls out of CARE. For cardholders and billing officials following guidelines to ensure that the account has been properly closed, do not worry, the account is closed and will show 0.00.

The GPC is coded to allow for purchase of general or basic supplies/services. Hence, if the cardholder is making a purchase requiring a specific approval (SJA ruling, etc) it is likely that the charge will be declined unless the cardholder contacts the APC and request the adjustment of the codes to allow for the purchase. So if you have a unique purchase and the proper approvals, contact the APC prior to charging the transaction to ensure a smooth transaction.

The purchase of decorations using appropriated funds and the GPC is generally permissible provided the decorations are modestly priced and placed in common areas. Personnel need to be aware that appropriated funds should not be used to purchase religious decorations as that practice raises constitutional issues. Reminder: it is generally improper to use appropriated funds to pay for greeting cards.

In a nutshell: modestly priced, tasteful, non-religious, seasonal decorations for common areas may be funded with appropriated

funds. Purchasing bottled water with appropriated funds is not authorized except under limited circumstances. The GPC may not be used to purchase bottled water unless there is no water in or near a facility, or the water is unsafe for human consumption. Justification is required to fully describe circumstances and the period of duration.

Manufacturers often offer cash rebates as incentives to purchase their products. The Government wants to take advantage of any and all discounts to include rebates. If a cardholder receives a manufacturer's coupon to complete and mail in for a rebate, request the company make the refund check out to the "U.S. Treasury". Upon receipt of the check, the cardholder may bring the check to the APC or to their budget analyst who will ensure the rebate is deposited into the billing official's account. Rotation of vendors – Although micro purchases may be awarded without competition, there is a requirement to equitably distribute micro purchases among qualified suppliers. The Federal Acquisition Regulation (FAR) prohibits split purchases to avoid a dollar limitation or threshold. The "requirement" is the quantity known at the time of purchase. Fragmentation is the intentional breaking down of a known requirement to stay within a threshold (i.e. the \$2,500 micro purchase threshold) as to avoid submitting the requirement to ACA for processing. If you have any questions or concerns regarding the GPC Program, please contact the Agency Program Coordinator Angela Holloway at: angela.holloway@samhouston.army.mil.